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## BACK TO THE BRONX

Yankees face red-hot Gerrit Cole  
in Game 3 of ALCS today. 21



PHOTO ILLUSTRATION GETTY IMAGES

# HEATING UP

With impeachment, Syria, and candidate ill-health on the cards, the fires are stoked for an eventful Democratic presidential debate Tuesday evening. 2

**Elizabeth Warren**



**Joe Biden**



**Bernie Sanders**



**Julián Castro**



**Tulsi Gabbard**



**Kamala Harris**



**Amy Klobuchar**



**Beto O'Rourke**



**Pete Buttigieg**



**Tom Steyer**



**Cory Booker**



**Andrew Yang**



PHOTO ILLUSTRATION ISTOCK & GETTY IMAGES

Tips on how to ace your  
next test. 12

Natasha Bedingfield talks first  
album in 9 years and tour. 16-17

Booze & Brews: America's  
first Irish Whiskey Fest. 20

THINGS  
TO  
KNOW

The search for a nominee continues.

Twelve Democratic presidential candidates will take the stage in Westerville, Ohio, on Tuesday in the party's fourth debate of the nominating contest for the November 2020 U.S. election.

It will be the largest scrum on a debate stage yet for the Democrats, as they try to find a nominee to take on President Donald Trump, a Republican.

Most notably, it will be the first debate held since the U.S. House of Representatives launched an impeachment inquiry into Trump's attempts to encourage the government of Ukraine to interfere in the election. The probe likely will be a recurring subject throughout the evening.

Here are some moments to watch for during the debate:

#### BIDEN ON BIDEN

In the now-documented phone call between Trump and Ukrainian President Volodymyr Zelenskyy that lies at the heart of the impeachment probe, Trump suggested that Zelenskyy should investigate Joe Biden and his son, Hunter. The younger Biden sat on the board of a Ukrainian gas company, Burisma, while his father was vice president under President Barack Obama.

# Factbox: Six things to watch at the Democratic debate in Ohio



Candidates will likely take aim at Trump, and each other.

GETTY IMAGES

Trump has repeatedly suggested, without offering evidence, that Joe Biden pressed Ukraine to back off from a corruption investigation of the company.

Biden has tried to use Trump's allegations to his political advantage, arguing Trump's persistent focus on him means Trump fears a face-off in the general election next year.

The debate will mark the first time that Biden will be on stage with his Democratic rivals since the call came to light.

#### BIDEN VS. WARREN

The bigger question is

whether any other contender will seek to press Biden on the matter or assert that there were ethical issues with Hunter Biden's arrangement.

The candidate to watch will be U.S. Senator Elizabeth Warren, who has made combating Washington cronyism a hallmark of her presidential campaign.

Warren has risen in the polls to the point where she is now considered a front-runner for the nomination along with Biden. She has largely stayed away from criticizing her fellow Democrats. Is this where

she twists the knife?

#### BERNIE'S BACK

The debate will mark the first official public appearance for U.S. Senator Bernie Sanders since he suffered a heart attack at a campaign stop in Las Vegas on Oct. 1.

Sanders, 78, is the oldest of the 19 candidates seeking the Democratic nomination, and the incident has raised questions about his age and his capacity to serve as president.

Sanders maintains he is ready to resume his campaign and will continue full-bore.

"It will be important for him to relay that and to show it, not only with his words but with his actions, that he is feeling great," an aide said.

#### A NEW URGENCY

As a topic, U.S. foreign policy has largely been regulated to the second half of previous debates, behind such flashpoints as healthcare and immigration.

Not so this time, predicted Brad Bannon, a longtime Democratic pollster in Washington who works with labor unions and Democratic issue groups.

"The Turkish attack on the Kurds in Syria will prompt a discussion of foreign policy that has got little attention in the previous debates," Bannon said.

The crisis in Syria — unfolding after Trump's decision to withdraw U.S. troops who had been fighting alongside Kurdish forces against Islamic State militants — likely will spark an examination of Trump's track record on the world stage.

#### THE NEW GUY

Tuesday's debate will be the first for California billionaire Tom Steyer, who entered the presidential race this summer.

Steyer was ahead of the curve on Trump's impeachment, having invested millions advocating for it since Trump took office.

#### WHAT ABOUT ME?

For the remainder of the Democratic field behind Biden, Warren and Sanders, impeachment has come at an inopportune time.

The constant media coverage of the probe has effectively wiped the lesser presidential hopefuls right off of the TV screen and out of news stories.

For the rest of the still-sprawling field polling in the low single digits, impeachment could serve as knockout blow as they struggle to gain attention ahead of the nominating contests that begin in February. REUTERS

## Trump prepares to drop sanctions on Turkey

President Donald Trump's administration is set to impose economic sanctions on Ankara, potentially as early as this week, for its incursion into northern Syria, one of the few levers the United States still has over NATO-ally Turkey. Using the U.S. military to stop the Turkish offensive on U.S.-allied Kurdish fighters was never an option, defense officials have said, and Trump asked the Pentagon on Sunday to begin a "deliberate"

withdrawal of all U.S. troops from northern Syria. After Treasury Secretary Steven Mnuchin said on Friday that Trump had authorized "very powerful" new sanctions targeting Turkey, the administration appeared ready to start making good on Trump's threat to obliterate Turkey's economy. On Sunday, Trump said he was listening to Congress, where Republicans and Democrats are pushing aggressively for sanctions action. REUTERS

## Family of U.K. teen killed in crash plead with U.S.

The parents of a British teenager killed in a car crash involving a U.S. diplomat's wife vowed on Monday to keep fighting until they get justice for their son after the American woman returned to the United States following the accident. Charlotte Charles and Tim Dunn spoke to media in New York during a visit intended put pressure on the Trump administration to have Anne Sacoolas sent back to face U.K.

investigators. "She needs to just do the right thing and just come back and face what she's done," said Charles, her voice breaking with emotion. Harry Dunn, 19, died after a car driven by Sacoolas crashed into his motorbike. Vehicles drive on the left in the United Kingdom, and the American woman was driving on the wrong side of the road when the accident happened. The family will travel to Washington this week. REUTERS

## Mock video of Trump killing journalists slammed

The White House Correspondents' Association has condemned a mock video, shown at a gathering of U.S. President Donald Trump's supporters at one of his Florida resorts, that depicts him slaughtering members of the news media and political adversaries. News of the video was first reported by the New York Times, which said it obtained it from someone who attended the three-day gathering last week at

Trump National Doral Miami and took a cellphone video of it. Parts of the video were posted on YouTube in 2018, the Times said. It shows Trump's head superimposed on the body of a man wearing a pinstriped suit and opening fire with a handgun inside the "Church of Fake News." The parishioners are identified by the logos of news organizations or the faces of political opponents and critics of the president. REUTERS

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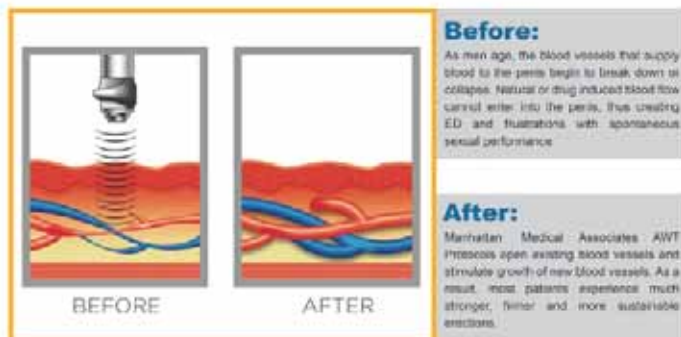
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## NEWS



Democratic presidential front-runner and former Vice President Joe Biden.

REUTERS

# In 2020 campaign fight, Biden backers worry about being outgunned by Trump

Biden's fundraising efforts are dwarfed by Trump's.

As Joe Biden squares off against a bevy of Democratic challengers at a U.S. presidential debate on Tuesday, his fiercest opponent will not be sharing the stage with him.

The former vice president is the only Democrat currently fighting a two-front war: one against the other contenders seeking his party's nomination and a second, more brutal one against Republican President Donald Trump.

Some of his top backers worry Biden will lack the resources he needs for a sustained conflict. Biden has struggled with online fundraising and, unlike past Democrats, refuses donations from lobbyists and is not supported by a well-funded political action committee, known as a Super PAC.

When it comes to combating Trump, Biden is bringing "a knife to a gunfight," said John Morgan, a Florida trial lawyer and a leading fundraiser for Biden.

Biden "doesn't need a gun. He needs a bazooka," Morgan added.

While the November 2020 general election remains a year away and the Democratic nominee remains to be chosen, Trump and his allies have

made Biden their top target, repeatedly alleging - without offering evidence - that Biden improperly tried to aid his son Hunter's business interests in Ukraine and China.

Trump now faces an impeachment inquiry in the U.S. House of Representatives centering on the president pressuring a vulnerable ally, Ukraine, to investigate the Bidens for his own political benefit. Trump has denied wrongdoing.

**"This is a going to be an all-pitched war fought with huge dollars."**

Joseph Falk

Trump's re-election campaign has committed millions for television ads that push the same allegations against Biden, with a focus on early voting states in the party nomination battle including Iowa and New Hampshire. It has been joined in that effort by Great America PAC, a pro-Trump committee.

Biden, for his part, has tried to counter with his own early-state ad blitz

that calls the president "unhinged."

But with fundraising of \$15 million in the year's third quarter, he is facing a juggernaut in the Trump campaign, which had raised \$125 million along with the Republican National Committee in the same period. Biden's fundraising also trails his leading Democratic rivals, U.S. Senators Elizabeth Warren and Bernie Sanders, each of whom raised around \$25 million last quarter.

"This is a going to be an all-pitched war fought with huge dollars," said Joseph Falk, a top Biden fundraiser in Miami.

As distasteful as the idea has become in Democratic circles, a Super PAC may be necessary to battle Trump, some Biden donors told Reuters.

A Super PAC "would not be my preferred method," Falk said, but "you can't fight a battle with one hand behind your back."

Biden will be onstage on Tuesday in Ohio with 11 other Democrats seeking the party's nomination. The subject of Hunter Biden's work likely will be brought up.

Biden has struggled to match the grassroots appeal of Warren and Sanders, who rake in most of their funds online through small donations.

REUTERS

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It was also reported that, on average, a woman will spend \$11,000 on tampons in their lifetime.



ISTOCK

# Activists will rally to end menstruation poverty

This weekend, youth activists are planning on protesting the “tampon tax” and lack of accessibility to menstrual products.



BECCA GLASSER-BAKER  
Rebecca.Glasser@metro.us

Youth activists plan to hold a rally Saturday at New York City Hall to speak out against the taxation of menstruation products as part of a nationwide protest on National Period Day.

Members of the Menstrual Movement are firm believers that it is a fundamental human right to have access to menstrual hygienic products like tampons and maxi pads. All are welcome to join the Menstrual Movement; it is being labeled as an inclusive event that places importance on gender equality.

The protesters are calling on officials for two actions: they want safe menstrual products to be free and easily accessible in prisons, shelters and schools, and they want the elimination of the “tampon tax.”

It was reported that 35 states currently impose sales taxes on period products since they are considered “luxury items.” It was also reported that, on average, a woman will spend \$11,000 on tampons in their lifetime.

One in every four women struggles to afford menstrual products due to lack of income. Additionally, a new study showed that 46 percent of women have to choose between food or menstrual health products.

Nadya Okamoto, Founder and Executive Director of PERIOD, said in a press release, “The

work we are doing at PERIOD has never been more important than right now especially with everything happening in the world around reproductive rights and gender equality.”

Additionally, Okamoto added, “In the last four years, PERIOD has addressed over 700,000 periods through our work distributing PERIOD packs and products. Our work and activism this coming year will be critical to addressing our goal of ending period poverty and stigma. We demand change NOW.”

News of this rally comes within a week of Governor Cuomo announcing that New York will be the first state to require ingredient labels on menstrual products.

**“The work we are doing at PERIOD has never been more important than right now especially with everything happening in the world around reproductive rights and gender equality.”**

Nadya Okamoto

If you or someone you know is interested in joining, you can find the event listing on Facebook. If you are unable to attend, there is also a national petition listed online, which you can find at [actionnetwork.org](http://actionnetwork.org).

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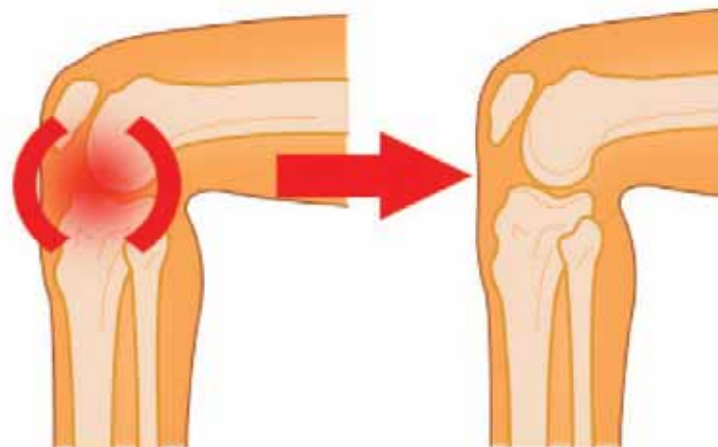
While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: **PATIENT SELECTION.**

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

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# Trump ex-Russia adviser testifies in impeachment inquiry

Fiona Hill advocated a tough stance on Russia.

U.S. President Donald Trump's former Russia adviser testified on Monday behind closed doors as the latest witness summoned in the Democratic-led impeachment inquiry against Trump over his request that Ukraine investigate a domestic political rival.

Fiona Hill, former senior director for European and Russian Affairs on Trump's National Security Council, was called to appear before the U.S. House of Representatives Intelligence Committee. She walked past journalists without saying anything as she arrived at the U.S. Capitol building, entering

with sunglasses atop her head.

In another development, Trey Gowdy, a former Republican congressman who last Wednesday was announced as joining Trump's outside legal team for the impeachment fight, no longer will be doing so at least for now, according to Jay Sekulow, a lawyer for Trump. Sekulow last week had praised Gowdy as "a great asset" to the legal team.

The Trump administration's removal in May of Marie Yovanovitch as U.S. ambassador to Ukraine could figure in Hill's testimony.

On Friday, Yovanovitch testified that she had been ousted based on "unfounded and false claims" after coming under attack by Trump's personal law-

yer, Rudy Giuliani, who had been working to get Ukraine to investigate Joe Biden, a top contender for the Democratic nomination to face Republican Trump in the November 2020 presidential election.

The inquiry focuses on a July 25 phone call in which Trump asked Ukrainian President Volodymyr Zelensky to investigate former vice president Biden and Biden's businessman son Hunter Biden.

Democrats have accused Trump of pressuring a vulnerable U.S. ally to dig up dirt on a domestic rival after withholding \$391 million in U.S. security aid intended to help combat Russian-backed separatists in the eastern part of Ukraine. Zelensky agreed to investigate. Trump eventually allowed



Fiona Hill, President Donald Trump's former Russia adviser, arrives to testify before Congress as part of the House's impeachment inquiry.

GETTY IMAGES

the aid.

The British-born Hill, who left her White House job shortly before the July 25 call but remained on the payroll into August, had advocated a tough U.S. approach on Moscow even as Trump was more accommodating toward Russian President Vladimir Putin. U.S. intelligence agencies have concluded that Russia interfered in the 2016 U.S. election with a campaign

of hacking and propaganda intended to boost Trump's candidacy.

Republican congressman Matt Gaetz, an outspoken defender of Trump, was asked to leave the closed session about an hour into Hill's testimony. Gaetz is not a member of any of the three House committees conducting the impeachment inquiry and Gaetz told reporters the House parliamentarian said he

could not attend.

Giuliani faces a Tuesday deadline to produce documents related to the Ukraine matter subpoenaed by the House Intelligence Committee. He has not said whether he will comply.

Lawmakers this week are returning from a two-week recess, with testimony from current and former administration officials on the schedule.

REUTERS

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# NYC loses 25th cyclist this year



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The 25th cyclist to be killed in New York City this year died over the weekend when he was struck while biking in Queens, officials said.

The victim, a 65-year-old man named Bogdan Darmetko, was killed in Broad Channel, Queens. Darmetko was hit and killed while he biked on Cross Bay Boulevard at

East 4th Road on Sunday, around 2:40 p.m. According to The New York Post, he was struck by a Ford Explorer, driven by a 32-year-old man who stayed on the scene and was not facing charges as of Monday morning. Officials are still investigating the accident.

The crash happened in an area where bike lanes

were closed due to resurfacing work, ABC reported. Darmetko was found unconscious when paramedics arrived and was taken to St. John's Episcopal Hospital. He was pronounced dead. Last year, 10 cyclists were killed, and the number has more than doubled this year.

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# Vaping illness, deaths likely very rare beyond U.S., experts say

British expert analyzes illness patterns.

E-cigarette or vaping-linked lung injuries that have killed 29 and sickened more than 1,000 people in the United States are likely to be rare in Britain and other countries where the suspect products are not widely used, specialists said on Monday.

Experts in toxicology and addiction said they are sure that the 1,299 confirmed and probable American cases of serious lung injuries linked to vaping are "a U.S.-specific phenomenon," and there

is no evidence of a similar pattern of illness in Britain or elsewhere.

"What's happening in the U.S. is not happening here (in Britain), nor is it happening in any other countries where vaping is common," said John Britton, a professor and respiratory medicine consultant and director of the UK Centre for Tobacco & Alcohol Studies at Nottingham University.

"It's a localized problem," he told a London briefing.

U.S. investigators and health officials have said there may be more than one cause for the cases of vaping lung illness. They have also pointed to vap-

ing oils containing THC, the psychoactive ingredient in marijuana, as being especially risky.

In Britain, which currently has 3.6 million regular e-cigarette users, such oils are banned and advertising of vapes is much more tightly regulated than in the United States, said Ann McNeill, a professor of tobacco addiction at the Institute of Psychiatry Psychology & Neuroscience at King's College London.

She and Britton also noted that rates of tobacco cigarette smoking - which can cause lung cancer and heart disease and is known to kill about half of all those who do it - are dropping more rapidly in Britain



Vaping is promoted as a smoking cessation tool in many European countries.

REUTERS

**"It would be a great shame if people were deterred from using e-cigarettes because of what's happening in the U.S."**

Ann McNeill

than in the United States.

This is partly due to tobacco smokers switching to nicotine-containing e-cigarettes to help them quit, they said.

"It would be a great shame if people were deterred from using e-cigarettes because of what's happening in the U.S.,"

McNeill told reporters.

India, which has the world's second-largest population of adult smokers, last month announced a ban on the sale of e-cigarettes, citing concerns about the U.S. cases.

And in Malaysia, which has banned the sale of vape liquids containing

nicotine since 2015, the health minister says he is now considering a total e-cigarette sales ban.

Asked whether he thought such bans made sense from a public health policy standpoint, Britton said he disagreed with India's decision and similar ones in the United States, because they send a message to tobacco smokers to continue smoking.

"It's a no-brainer - if you stay on cigarettes you will lose a day of life for every four days that you smoke," he said. "A flat-out ban (on e-cigarettes) will kill people." REUTERS

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## Texas police officer faces charges after killing black woman in her home

A white Fort Worth, Texas police officer has resigned and faces criminal charges after he shot dead a 28-year-old black woman inside her home, the city's police chief said on Monday.

Atatiana Jefferson was killed by a single shot from officer Aaron Dean on Saturday when he fired through a window into her home while responding to a call for a wellness check, police said.

"Had the officer not resigned, I would have fired him for violations of several policies including our use of force policy, our de-escalation policy and unprofessional conduct," Fort Worth Police Chief Edwin Kraus told a news conference. "Despite his resignation, the officer still faces criminal charges from the major case investigation."

Jefferson's family on Monday called for a federal investigation of her death and Dean's swift prosecution.

"This man murdered someone; he should be ar-



rested," said the woman's brother Darius Carr.

Fort Worth Mayor Betsy Price said the city would bring in a third-party panel of national experts to review the police department's actions.

Kraus said police had presented a preliminary case to the Federal Bureau of Investigation to review the officer's actions for possible civil rights violations.

Jefferson was shot dead the same month former Dallas police officer Amber Guyger was convicted of shooting and killing unarmed black man Botham Jean inside his own apartment after she walked in and thought it was her home.

Jefferson died after a

concerned neighbor, identified as James Smith by Price, called a non-emergency police line to say the door to her home was open, police said. Jefferson had been playing video games with her 8-year-old nephew before she was shot.

Body camera video showed police approaching the house with flashlights, whispering to each other in the dark. As one officer looks through a bedroom window, he suddenly yells, "Put your hands up, show me your hands," then fires. He does not identify himself as a police officer.

Police entered the house and gave emergency medical care to Jefferson, but she died at the scene, officials said. REUTERS

NYSPI IRB Approved  
5/10/2019 -> 1/8/2020

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## EDUCATION

## Great ways to study for an exam

Is there anything more terrifying than when your teacher alerts your class that there will be a big exam in the not so distant future? Even if there is ample time to study between now and the exact exam date, the process of cramming all of the necessary information into your brain can be easier said than done with everything else going on in your life. Here are five easy ways to get your brain into fighting shape before a big exam.

**Study groups**

Sometimes it's easier to do things in a group setting rather than on your own. By getting a few of your friends in your class to tackle the material and bounce questions back and forth with, you will be



able to not only get a deeper understanding of the subject matter but also rest assured that you are on the right track. By having others re-confirm you are moving in the right direction by checking your work and thought processes, you will be prepared to head into the exam as a team rather than just one individual. Plus, you

can hang with your friends as you schedule meetups before the big day. Who says all of this can't be fun?

**Do the work out loud**

Now if you need to do some studying on your own away from the group, make sure that while you are doing the reading or pulling apart equations that you do so out loud. According

to a study published in 2017 by the University of Waterloo on memory, researchers found that by adding the steps of reading information out loud and hearing yourself speak, newer subjects are more easily ingrained into your brain in a more substantial way than simply reading in silence.

**Use rewards as motivation**

**tion**

Sometimes, the act of simply cracking open your books to get down to business can be half of the battle. But if you give yourself tiny rewards to help you cover ground along the way, you can have a positive association with studying rather than treating it like some form of torture. Reward yourself with snacks along the way or even take yourself out to do something fun once your study session is over. Furthermore, if you do well on your exam you should go big and celebrate all of your hard work.

**Go off book**

Just because you are using your textbooks to study subjects throughout history doesn't mean that those bland books are the only places you will be able to get that information. With resources like streaming

platforms, it's easier than ever to find fun and interesting documentaries and podcasts that can engage you in the material in ways that will help you in your studies. Plus, you can trick your brain into thinking that you are watching or listening to something in your own time.

**Exercise before your exam**

Many people will tell you that meditation will help you to get rid of any anxiety you may have before taking a big exam. But one of the best things you can do before taking an exam is to take a long walk to get your blood flowing. Not only will this help to get your pre-test jitters out, but by getting the blood in your body flowing you will be much more alert and focused on the questions and can adapt to things that you may have not planned for. **METRO STAFF**



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2		1					5	
9			7	4				
		3					6	
	2	7			1		9	

HARD

3				8				
	2	9					4	
	8			7	5			1
			3					
9		4		2		7		6
					6			
8			5	6			7	
	3					5	9	
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Whenever I walk out my door I have to pick up the trash dropped there by my inconsiderate adult children neighbors. The other day a car parked in front of my house and before the occupants even got out and slammed the car door shut they dumped their trash near the curb. Weren't these slobes ever taught that littering is a crime that you hold onto your refuse until you can find a trash receptacle and if you can't find one you take it home with you and then dispose of it properly. When I walk in my neighborhood there is so much trash I feel like I'm walking in a huge landfill. When I go out for a walk I take a plastic bag with me and follow the lead set by the Swedes. I pick up cans and bottles and occasionally paper litter as I walk or, in the case of the Swedes, jog along. It's good exercise and good for the environment. We should all take a cue from wise old Woodsy Owl and give a hoot and not pollute. Make America beautiful again!

Carolyn, Metro Philly reader



ISTOCK

## metro.us/horoscopes



**Aries** Stop and observe, as it will save you from making a mistake. Make less fuss and spend more time putting everything in place. Preparation and organization will determine your success.



**Taurus** Let your inquisitive mind lead the way. Ask questions, experiment and explore, and try something new and exciting. Life is an adventure, not an imposition. Live in the moment.



**Gemini** You can think big, but you are best off doing so with a minimalist attitude. Refuse to let someone talk you into something you don't need.



**Cancer** Someone will make you feel anxious. Before you enter into a difficult conversation, have your facts in order and your boundaries and budget set.



**Leo** Keep moving. Exercise and physical challenges will help tame your temper. Don't let changes made by others ruin your plans. Stay focused on health and well-being.



**Virgo** Expand your interests, visit a place you haven't been to for some time or reunite with an old friend. Looking back will help you move forward.



**Libra** Mindset is everything. Channel your energy into gaining life experience, expanding your knowledge and heading in a direction that offers peace of mind. Set the stage and do your own thing.



**Scorpio** Be open to suggestions, but go with your gut. Being versatile will help you reach your goal and gain popularity at the same time. An unusual partnership proposal will intrigue you.



**Sagittarius** Don't lose sight of what's essential. Finish what's expected of you before moving on to a more fun activity. Don't give in to someone who is pressuring you.



**Capricorn** If you make change part of your routine, you will accomplish more than anticipated. Start by making personal and domestic improvements.



**Aquarius** Money matters will surface. Don't let anyone tell you how to manage your cash. It's up to you to take action if something needs to be fixed or updated.



**Pisces** The changes you make should benefit others as well. Standing up for the underdog or for what's right will raise your profile and reputation. Romance is in the stars. EUGENIA LAST

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## LIFESTYLE

# Human hourglass to raise climate change awareness



## Demonstration in Australia

Dozens of climate change activists recently invaded Bondi Beach in Sydney, Australia, to conclude the spring uprising of the Extinction Rebellion. The demonstrators occupied the popular tourist spot in the country's capital and formed the organization's logo – hourglass – with their bodies. The protest was part of Extinction Rebellion's global 'Week Of Action.'

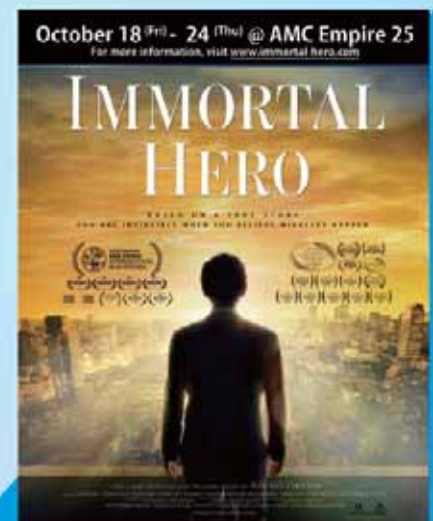
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# 60

cities across the world participated in the Extinction Rebellion's global 'Week Of Action.'

Entire families participated in the demonstration. ALL PHOTOS GETTY

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It was also chosen as an Official Selection in the Narrative Feature category at the 2019 San Diego International Film Festival.

# Singing with sunshine

Natasha Bedingfield talks first album in nine years and using positivity as a motivation.



MOLLY GIVEN  
Molly.Given@metro.us

Singer-songwriter Natasha Bedingfield knows how to make an audience feel good. In fact, the UK native's sole mission with her music is to produce incredibly catchy hits that uplift people's spirits. Bedingfield demonstrated her raw talent and optimistic capabilities with smash hits "These Words," "Pocketful of Sunshine" and the unofficial theme song of 2006, "Unwritten." But the songstress is hungry for more and she uses her audience's

experiences with her music as motivation to keep the feel-good train rolling. Bedingfield sat down with Metro to talk about the release of her first album in nine years, her new tour and why her greatest inspiration comes from all of her fans.

**"Roll with Me" is your first album out in nine years. Why was now the right time for its release?**

I don't think it's ever a bad thing for a singer/songwriter to take breaks between albums — I think that it shows the thoughtfulness. I feel really excited about this music, I just love how it flows, and I think that it still has that catchiness that I'm known for but also a lot of depth and growth musi-

cally. It's really incredible production-wise. I met Linda Perry years ago, and we had just an amazing flow right from the start, we kind of brought something different out in each other. Linda started a label and I was the first artist she called. She knew I left my label and when she asked if I wanted to make a record I immediately said "Hell yeah."

**Do you feel as though your inspirations for songwriting have changed over time the longer you've been in the industry?**

Having performed so many live shows, I'm influenced by my listener. I'm always thinking in my head about what I want the experience to be like for someone who is listening to my music.

Bedingfield's latest album "Roll With Me" is out now GETTY.

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That's influenced me more than anything — I've heard so many stories about how my songs have touched people in different ways. Sometimes a song can help someone get through a really hard time, and yet that very same song can be just like a complete fun let-go kind of song for someone else. I love that music can do that.

Since we're talking about songs, I have to ask how it feels to have "Unwritten" remixed for "The Hills" reboot on MTV?

It was such a wonderful experience to write a song like that — that song is beyond me, it's beyond the show and it's its own kind of thing now. I love singing it on stage, everyone always sings it at the top of their lungs and that truly makes me so happy. So when I knew they were re-launching, I approached them and basically said wait, you better be using my song! We had a meeting with



Natasha Bedingfield. GETTY

them and we decided to do a remix of it — it's ten years later and it has a new feel with everyone in the show being grown-up, so it was suited for the new version.

Now jumping to your tour, what do you love the most about being able to perform live for audiences?

I just love how songs change depending on who you sing them for. When you sing live there's this interaction that actually influences the music, and I love that. It's fascinating,

it's exciting and when I go on stage I lose all self-consciousness and I feel very swept up in the music. There really is no other high like that. I'm very sensitive to energy, and I can really read the energy in a room. So I like to send out positivity, which is one of the things I actually love about one of my inspirations, Motown music — it doesn't have to be a positive song but you still always feel this kind of power and uplifting energy.

But different parts of the country also have different types of flavor for sure.

Overall, what do you hope fans take away from attending one of your concerts?

I want people to put whatever it is that is on their mind on hold and just let themselves be swept up in the experience. It's going to be intimate, it's going to be real and most importantly it's going to be fun. *Catch Natasha Bedingfield at Webster Hall on Oct. 16 at 7 p.m.*



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# *“Support from the fans helps me to improve”*

## LEWIS HAMILTON

It's rare being able to spend time with a five-time Formula 1 world champion. However, between two Grand Prix races, Metro had the opportunity to meet Lewis Hamilton.



THOMAS WALLEMACQ  
MWN  
letters@metro.us

Twelve years after his F1 debut, Lewis Hamilton accumulates titles and records, from the pole

positions (87) to the total number of points scored in F1 (3,268). World champion for the first time at the age of 22, the 34-year-old British driver continues to have the passion for victories and the desire to win. In Sochi, Lewis Hamilton broke a new record that belonged to Michael Schumacher. Since the beginning of his career, he has led at least one lap in 143 GPs of the 245 in which he has competed. Next season, he could beat two other records: the highest number of victories in F1 (82 against 91) and the highest

number of podiums (146 against 155).

### A serene man

A few races away from becoming a six-time world champion, between the Russian and Japanese GPs, Lewis Hamilton was in his home country during a promotional day organized by his sponsor Monster Energy at the Mercedes-Benz World in Brooklands, near London. Relieved and happy after his victory in Russia, Metro met with a satisfied star for an exclusive interview. While leading a life at 300 km/h on and off the track, Hamilton

is a man who radiates calm and great serenity.

### “I am improving as a pilot but also as a human being”

After having exchanged a few words in French, we began the interview asking if, like good wine, he had become a better pilot over the years.

“Well, I'm not an expert in wines, but I've heard that good wine improves over time. If I look at my results and consistency, I think my level is higher than two, three, four or five years ago,” says Lewis Hamilton.

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He explains that he overcame a milestone when he entered the third decade. Although he still has the skills and speed he had when he was younger, he says he now has a better understanding of the environment around him and that he is able to get the most out of himself every weekend. "Like good wine, I improve and evolve, as a pilot but also as a human being."

#### "Fans help me keep going."

But how to keep your feet on the ground when you're five times the F1 world champion, the best paid driver in the world with an estimated annual income of \$55 million and 13 million people who follow you on Instagram? That is the question we asked Lewis Hamilton. It looked just like a formality for him. But the reality is very different. "Keeping your feet on the ground is difficult," he explains. "I met my best friend

when I was 10 years old. And all my best are from the period before Formula 1. They know me now and they knew me before. So if they see me change, they can help me. My family has also been there since the beginning."

#### Lewis Hamilton's relationship with his fans is also very important.

"I never thought I would make a connection like this. It really has a big impact on me. When you travel the world, sometimes you feel very lonely. The messages and support from the fans help me move on. They inspire me to improve," he says.

Looking at his smartphone, Lewis says he receives thousands of private messages every day. And although it is impossible to read them all and even less answer them, he says he reads many:

"I see extraordinary messages and they really move me deeply. I carry all of them with

me when I travel. It helps me continue doing what I do."

#### "I don't want to keep my place out of selfishness."

Finally, we talked with the star about the end of his career. Up to what age do you think you can continue driving at the highest level?

"That's the big question. Several pilots stopped when they were 40 years old. I don't know what the physical limits are, but I think when the time comes, I will feel that my reaction speed decreases. But right now, I love what I do and I can't imagine my life without it. As long as I have fun and can continue doing what I am doing now, I will try to continue. I am also aware that there are only 20 places in F1 and that I don't want to keep my seat out of selfishness," Hamilton concluded, suggesting that he will leave his place to the next generation when the time comes.



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Becca Glasser-Baker considers herself an adopted New Yorker. Although she studied culinary arts in New Jersey, she credits her passion for cocktails to exploring New York City. When she's not writing, she's probably baking, hanging out with friends, blasting Taylor Swift or petting dogs. When she's not sipping on a cocktail, she's busy indulging in exotic teas. Email her at [Rebecca.glasser@metro.us](mailto:Rebecca.glasser@metro.us) with tips, trends, favorite spots and cocktail ideas.

## AMERICA'S FIRST IRISH WHISKEY FESTIVAL

Irish whiskey lovers rejoice, New York City is officially home to the first-ever Irish Whiskey Festival in America. The festival will take place on Saturday, November 2nd, and over 25 distilleries will be participating. Although the festival focuses on Irish whiskey, it's also a festival to celebrate Irish culture.

To learn more about the festival and Irish whiskey, I headed to the iconic Dead Rabbit bar and spoke with world-famous Irish whiskey experts Sean Muldoon and Jack McGarry. I also chatted with Moira Breslin, the owner of the experiential agency, Articulate Ventures, about Irish whiskey and the festival.

I was curious as to what inspired the festival and Breslin told me, "I just felt like Irish whiskey was greatly underserved...it wasn't being celebrated on its own...you know it was surrounded by myths like old men, shooting, and that there wasn't any versatility in cocktails and it couldn't be used in cocktails, and I felt that there was so much that could be shared."

After working with Muldoon and McGarry on another project, Breslin approached them and asked if they were interested in working together on the festival. The Irishmen were happy to work together on the project and started to create a plan to bring the Irish Whiskey Festival to life.

The event was designed to be an introduction to the world of Irish whiskey; however, there are certain areas where connoisseurs can "nerd out." Breslin also wanted to make sure that the festival was inclusive



A poster for the New York Irish Whiskey Festival.

for all and told me that although the whiskey world can often feel closed off to women, she wants women to know that "Irish whiskey is accessible for girls."

According to McGarry, the real goal of the festival is "for someone to come in and walk away with a greater understanding of Irish whiskey."

Additionally, he added that "another huge goal for us is to give a great representation of Ireland in its entirety: the distilleries, the pub culture, Irish coffee, what we are, The Dead Rabbit, the food, the bands. We want people to walk away with a better understanding of Irish whiskey, and a better understanding of authentic Irish pubs and Irish hospitality."

As someone who is very entry-level to Irish whiskey and knows little to nothing about traditional Irish pubs, I can't imagine a better way to start my education on Irish whiskey and Irish pubs than at The Dead Rabbit and The Irish Whiskey Festival. Although I know I'll learn about the festival, I had to ask the Irishmen a bit about the basics of Irish whiskey and more.

tion in the Americas. The list contains well over 230 varieties of the spirit, and some brands they carry can be found at the festival.

The Dead Rabbit is well-known for its incredible Irish coffee and all festival-goers will get to taste some. If you can't make it, you can always check out The Dead Rabbit. Muldoon told me when you come to The Dead Rabbit, the first thing you should order is their Irish coffee. He explained it's their pride and joy and folks drink it like water. He explained to me that when you go to a restaurant, people usually get a round of water first, but when you go to The Dead Rabbit, the first item you should order is their Irish coffee.

Not to be dramatic, but The Dead Rabbit's Irish coffee changed my life. As a tea lover, I usually stay away from coffee anything because of its bitter flavor, but this Irish coffee is a huge game-changer. I honestly cannot wait to drink it again. Muldoon credits its success to their perfected recipe. He told me if you change one ingredient, the drink becomes something else and it's no longer their recipe. So when you order it, order it how it is. The recipe for the Irish coffee at The Dead Rabbit is simple: it has Bushmills Original Irish whiskey, demerara syrup, Sumatra coffee and cream, one of the reasons why it's so good. I promise you won't regret it.

To start your Irish whiskey journey and taste the iconic and delicious Irish coffee, you can pick up tickets for the Irish Whiskey Festival at [nyirishwhiskeyfest.com](http://nyirishwhiskeyfest.com).

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## SPORTS

After stealing a game in Houston, the Yankees return home to face the Astros' ace.



JOE PANTORNO  
joseph.pantorno@metro.us

Game 2 certainly felt like a missed opportunity for the New York Yankees, who were just one big play away from taking the first two games of the ALCS in Houston before returning home to the friendly confines in the Bronx.

But on Sunday night — and into Monday morning — the Astros bullpen outdueled the Yankees' vaunted group of relievers as Carlos Correa got Houston on the board in the series with a walk-off, 11th-inning home run on the very first pitch he saw from J.A. Happ.

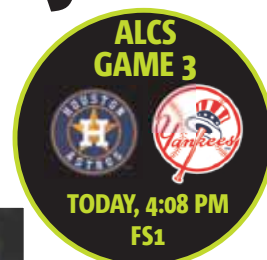
Still, the Yankees are in an advantageous situation returning home with the series tied at one game apiece. The next three come at Yankee Stadium, beginning on Tuesday night.

While Aaron Boone has received some flack from Yankees fans on how he handled Game 2,

# Cole looms as bullpen-heavy Yanks look to nab ALCS momentum back in Bronx



Gerrit Cole (left) takes the mound for the Astros today in Game 3 of the ALCS. Will Aaron Boone's formula outlast the ace? GETTY IMAGES



down Alex Bregman and Yordan Alvarez and prompted the Yankees' bullpen game.

New York used eight relievers on the night, who did well against a potent Astros lineup. After starting the game 4-for-12 against Paxton, Houston went 3-for-31 against the Yankees bullpen over the next nine innings in Game 2.

Luis Severino will make just his fifth start of the 2019 season in Game 3 after battling back from injuries. He hasn't gone more than five innings in a start this season, including a four-inning outing during Game 3 of the ALDS against the Minnesota Twins. So don't expect him to be on the hill for long on Tuesday.

It's not a conventional way of managing — even in an analytics-driven MLB — but it's getting the job done for the Yankees. The bullpen has a 1.88 ERA during the 2019 postseason.

That's a good enough number to go against the Astros any day of the week.

expect more of the same from the New York skipper as the series progresses, especially in Game 3.

The Astros will be rolling out ace Gerrit Cole on Tuesday evening — a right-handed talent that has been the best pitcher in baseball over the past four-and-a-half months.

In his final 22 starts of the regular season, Cole went 16-0 with a 1.78 ERA with 226 strikeouts in 146.1 innings of work.

He kept that obscene momentum going in the postseason as he dominated the Tampa Bay

Rays in the ALDS.

In two starts (15.2 innings), the 29-year-old allowed a single run (0.57 ERA) while striking out 25.

Not only was it the most strikeouts in ALDS history, but Cole became just the sixth pitcher in MLB history (Bob Gibson on three separate occasions, Mike Mussina, Sandy Koufax, Curt Schilling, and Bill Dinneen) to record 25 or more strikeouts during a single postseason series.

This will be Cole's first meeting with the Yan-

kees since Apr. 9, which was just his third start of the season. At Minute Maid Park, he went seven innings while allowing three runs on four hits while striking out six.

Astros manager AJ Hinch will attempt to impose the same strategy with Cole as he did in Game 2 with Verlander, keeping the veteran on for 109 pitches over 6.2 innings.

That's not going to be the case for Boone and the Yankees, who have made it clear that their starters will be on a short

leash in the ALCS.

After pulling Masahiro Tanaka in Game 1 after allowing just one hit in six innings on 68 pitches while facing the minimum, Boone didn't let James Paxton get through the third inning.

Paxton allowed four hits in 12 batters faced, which included a Correa RBI double to get the hosts on the board in the second inning.

With runners on first and second with one out in the third, Boone went to Chad Green, who shut

## Giancarlo Stanton's ALCS return still unclear

The middle of the Yankees' lineup was non-existent in Game 2 of the ALCS on Sunday night against the combination of Justin Verlander and the Astros bullpen.

Gleyber Torres — coming off a monster, five-RBI Game 1 — Edwin Encarnacion, Brett Gardner, and Gary Sanchez combined to go 3-for-18 in Game 2, though the microscope was zeroed in particularly on Encarnacion and Sanchez.

The veteran Encarnacion, acting as the DH, has yet to record a hit in eight ALCS at-bats and is batting just .190 this

postseason.

Sanchez's play-offs have been even worse as he's slashing .118/.286/.118.

It magnified the absence of Giancarlo Stanton, who is nursing a strained right quad that was injured during Game 1.

Stanton has been MIA for most of the season as injuries held him to just 18 games — which isn't helping his standing with Yankees fans, who are expecting much more from a player making over \$300 million.

The slugger still made his presence known in Game 1 of the ALCS, socking a solo home run

in the Yankees' 7-0 rout.

It's that dangerous bat that is currently being missed in the heart of the Yankees order and it's unclear if it will be seen again this series.

The Yankees were waiting to see if Stanton made enough progress on Monday to stay on the postseason roster.

Should Stanton not return, Aaron Hicks will be looked upon to add that much-needed boost to the heart of the Yankees lineup.

The outfielder was activated off the injured list for the ALCS but sat out Game 2 in favor of Cameron Maybin.

JOE PANTORNO



Giancarlo Stanton is dealing with a quad strain as the middle of the Yankees lineup struggles. GETTY IMAGES

# Mets search down to Beltran, Girardi?

The latest on the Mets' managerial conundrum as two clear favorites have emerged.



JOE PANTORNO  
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It seems as though the race for the New York Mets' manager job is down to two men.

But they can't spend much time making their decision.

Joe Girardi and Carlos Beltran have emerged as two of the top candidates for the vacant position in Queens with opposite managerial credentials.

Girardi has a wealth of experience not only managing in the majors but also in handling the big market that comes with New York. He spent a decade as the Yankees' skipper, winning a World Series title in 2009.

Beltran has yet to manage in the majors but remains one of the hot new names that is being held in high regard. He interviewed for the Yankees job back in 2018 but lost out to Aaron Boone.

The 42-year-old has already made it known that he wants to manage the Mets and only the Mets as he reportedly turned down interview offers from the Chicago Cubs and San Diego Padres.



Joe Girardi (left) provides experience, but Carlos Beltran (right) is considered a promising up-and-coming managerial candidate. GETTY IMAGES

"I'm ready," he said (h/t Newsday's Anthony Reiber).

He still has friends in the Mets front office, too.

Assistant GM Allard Baird was his GM with the Kansas City Royals early on in his playing career while Omar Minaya (also

an assistant GM) signed Beltran for the Mets in 2005.

The two possess conflicting styles of manag-

ing, which presents quite the difficult call for GM Brodie Van Wagenen and the Wilpon family.

Girardi has built the

reputation of being a no-nonsense manager, one who rarely takes the advice of the general manager on gameday and manically controls his bullpen.

Beltran provides an offensively-affluent mind that will play the analytics and break down opposing pitching down to their body language and twitches.

The former outfielder and borderline Hall-of-Famer is considered one of the best sign stealers in the game — which is perfectly legal as long as there is no outside or technological help.

He would also be a much easier candidate for upper management to control when it comes to filling out the lineup card.

Given Beltran's desire to manage only the Mets, Van Wagenen and the Wilpons are guaranteed one of their top choices.

However, if Girardi is their top target, they'll have to extend an offer sooner rather than later.

Joel Sherman of the New York Post speculates that Girardi is a top candidate of the Mets' NL East rivals, the Philadelphia Phillies.

The 55-year-old worked with Phillies president Andy MacPhail when they were with the Cubs — Girardi was a catcher.

Girardi is expected to meet with the Phillies in the coming days.

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**LEGAL NOTICES**

SUPREME COURT – COUNTY OF QUEENS  
BANK OF AMERICA, NATIONAL ASSOCIATION AS SUCCESSOR BY MERGER TO LASALLE BANK NA AS TRUSTEE FOR WAMU MORTGAGE PASS-THROUGH CERTIFICATES SERIES 2007-HY07 TRUST, Plaintiff against BENSHAN HAO, et al Defendant(s). Pursuant to a Judgment of Foreclosure and Sale entered on July 5, 2019, I, the undersigned Referee will sell at public auction at the Queens County Supreme Courthouse, 88-11 Sutphin Boulevard, Court Room # 25, Jamaica, N.Y. on the 25th day of October, 2019 at 10:00 a.m. premises described as follows: All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being at Elmhurst in the Second Ward of the Borough of Queens, County of Queens, City and State of New York, bounded and described as follows: BEGINNING at a point on the easterly side of Van Loon Place, distant 75 feet southerly from the point of intersection formed by the easterly side of Van Loon Place with the southeasterly side of Maurice Avenue; RUNNING THENCE southerly along the said easterly side of Van Loon Place, 25 feet; THENCE easterly at right angles to Van Loon Place, 90 feet; THENCE northerly parallel with Van Loon Place, 25 feet; THENCE westerly again at right angles to Van Loon Place, 90 feet to the said easterly side of Van Loon Place to the point or place of BEGINNING. Said premises known as 51-09 Van Loon Street, Elmhurst, N.Y. 11373. Approximate amount of lien \$756,869.98 plus interest and costs. Premises will be sold subject to provisions of filed judgment and terms of sale. Index No. 26726-09. Mark Weliky, Esq., Referee. Eckert Seamans Cherin & Mellott, LLC Attorney(s) for Plaintiff 10 Bank Street, Suite – 700 White Plains, N.Y. 10606 (914) 949-2574

**NOTICE IS HEREBY GIVEN** that a license, Number Pending, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 33-17 31st Ave., Astoria, NY 11106. Queens County, for on premises consumption. TJR 31 Inc. d/b/a Bar Delia

**NOTICE IS HEREBY GIVEN** that a license, Number 1322088, for Liquor, Wine, & Beer has been applied for by the undersigned to sell Liquor, Wine, & Beer at retail in a Bar/Tavern under the Alcoholic Beverage Control Law at 286 Spring St., New York, NY 10013. New York County, for on premises consumption. Red Cat Bar LLC.

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## GAMES

## metro.us/crossword

## ACROSS

- 1 African antelopes  
5 Date trees  
10 Go no further  
14 Skater's oval  
15 Excuse  
16 Paper towel brand  
17 \_\_\_ 500; car race  
18 Angels' home  
20 Actress West  
21 Isn't able to  
22 Give a heads-up to  
23 Line of travel  
25 Shack  
26 Sierra Club's concern  
28 Most rational  
31 Fill with joy  
32 Hair braid  
34 Buddy  
36 Bowl-shaped pans  
37 Weak  
38 Actress Catherine \_\_\_-Jones  
39 Feminine pronoun  
40 Mob

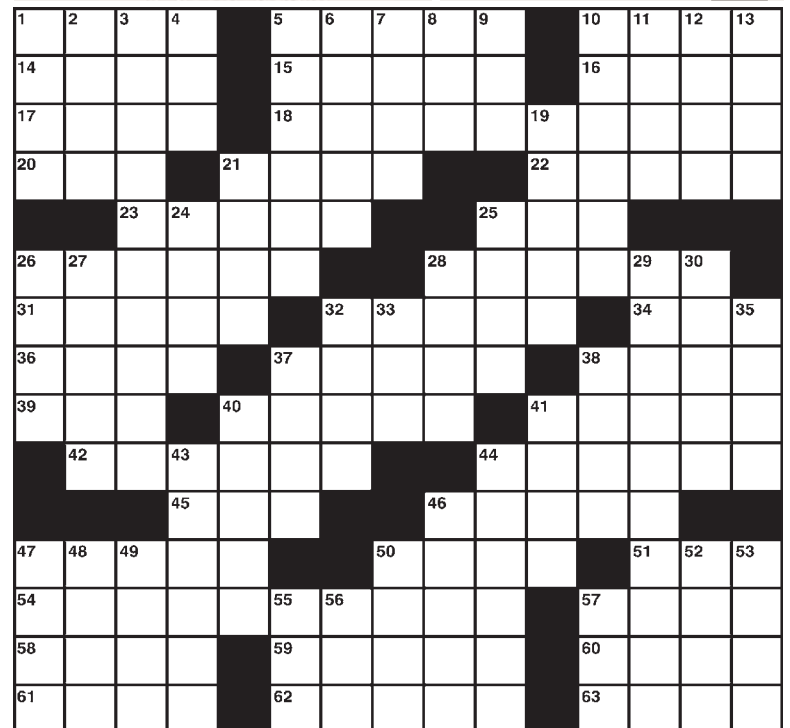
- 41 Ran fast  
42 Golden \_\_\_; McDon-  
ald's symbol  
44 Like blizzard weather  
45 Youth  
46 Tripoli's nation  
47 Detest  
50 Stein & Stiller  
51 File drawer, perhaps  
54 Hairdresser  
57 Wingless insect  
58 Terra firma  
59 On the \_\_\_; unre-  
strained  
60 Librarian's advice  
61 Singer & actor Nelson

- 62 Ne'er-do-well  
63 Probability

## DOWN

- 1 Stern-faced  
2 One of 3 ships for  
Columbus  
3 Gravedigger  
4 Blue expanse overhead  
5 Roof of the mouth  
6 Without companions  
7 "Schindler's \_\_\_"; Liam  
Neeson film  
8 Adv. business degree  
9 Item for confession  
10 Slender

- 11 Roofing piece  
12 Think \_\_\_; contemplate  
13 One of the tenses  
19 Haggard  
21 Remedy  
24 Pitcher's delights  
25 Weather forecast  
26 Cronkite's forte  
27 Lanai greeting  
28 Uttered  
29 Wearing glasses  
30 Spud  
32 \_\_\_ and cons  
33 TV's "\_\_\_ & Order"  
35 Woman  
37 Ricky Ricardo's land-  
lord  
38 Crazy  
40 Diagram  
41 BBQ favorites  
43 Overcast  
44 Champion  
46 Rent long-term  
47 Suffix for comfort or  
fashion  
48 Rosary piece  
49 Palm's location  
50 Brief life sketches  
52 Deceased  
53 Actor George  
55 Unwell  
56 Dove's sound  
57 To and \_\_\_

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## metro.us/wordsearch

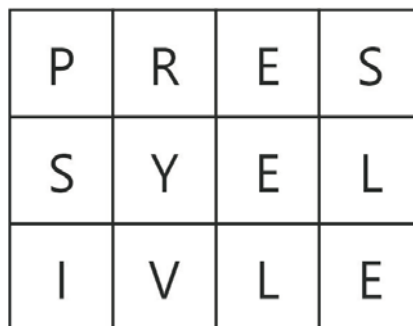


Arnaz  
Ball  
CBS  
Comedy  
Desi

Ethel  
Fred Mertz  
I Love Lucy  
Lucille  
NYC

Ricardo  
Ricky  
Showbiz  
Sitcom  
Sushi

## Category: Musician



Trace a path, using every letter once,  
to find the hidden phrase. Your path  
can turn in any direction, but not  
diagonally.



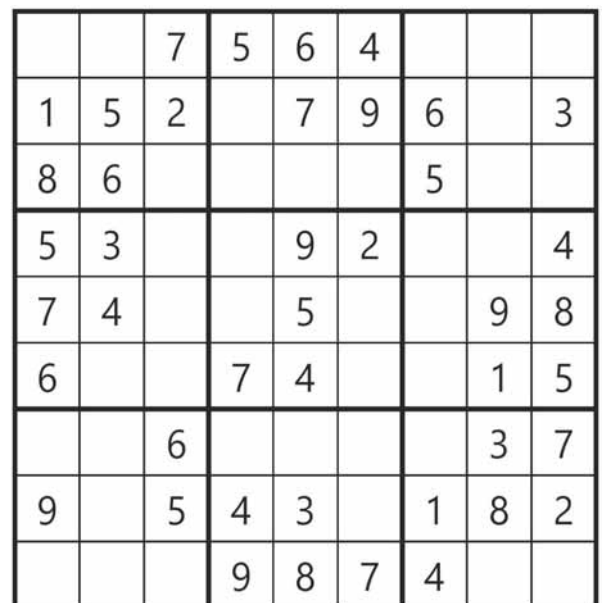
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